



# Kingsport Senior Center News

March 2014

Volume XXII Edition 3

1200 East Center Street  
Kingsport, Tennessee 37660

## Senior Dance Showcase

Tuesday, April 8, 2014  
Theater  
6:30p.m.-8:30p.m.  
FREE

Come and see the different dance classes the Senior Center has to offer and enjoy the performances given by the dancers!

Sign up begins March 6.



# Center News

### Open Door Policy

The Kingsport Senior Center has an open-door policy and the staff is always willing to accept suggestions, comments, and questions from members.

### Kingsport Senior Center Refund Policy

The Senior Center staff is not authorized to give refunds. When a refund is required for any reason, the request is first made at the Senior Center, turned in to the Finance Department and checks are issued. Please allow at least three weeks for processing. A receipt must accompany the request for a refund.

**The Kingsport Senior Center is located at  
1200 E. Center Street at the Renaissance Center.  
For more information call the Center at (423) 392-8400  
<http://seniors.kingsporttn.gov>**

### Center Hours

**Monday thru Friday 8:00am ~ 7:00pm  
Saturday 9:00am ~ Noon**

**Lynn View Senior Center Branch Site  
257 Walker Street  
Kingsport, TN 37665  
(423) 765-9047**

**Hours: 9am to 2pm ~ Monday ~ Friday  
(See Branch Site Page for more information)**

**\*The Exercise Room and Computer Lab will close  
15 minutes prior to the closing of the Center.**

**Membership Dues  
For Fiscal Year  
July 1, 2013-June 30, 2014**

\$15 ~ Kingsport Residents  
\$35 ~ Sullivan County Residents  
\$60 ~ Out-of-County Residents

**Must be at least 50 years of age to join.**

**"The Fun Begins at 50!"**

### Kingsport Senior Center Staff

Director ~ Shirley Buchanan  
shirleybuchanan@kingsporttn.gov  
392-8403

Branch Coordinator ~ Cindy Price  
cindyprice@kingsporttn.gov  
392-8402

Program Leader ~ Michelle Tolbert  
michelletolbert@kingsporttn.gov  
392-8404

Wellness Coordinator ~ Kevin Lytle  
kevinlytle@kingsporttn.gov  
392-8407

Program Leader ~ Marlana Williams  
marlanawilliams@kingsporttn.gov  
392-8405

Program Assistant ~ Jane Whitson  
janewhitson@kingsporttn.gov  
392-8406

Program Assistant ~ Amber Quillen  
amberquillen@kingsporttn.gov  
343-9713

Branch Program Assistant ~ Hannah Baker  
hannahbaker@kingsporttn.gov  
765-9047

Nutrition Site Manager ~ Sona Bingham  
246-8060



Candlelight Dinner prize winners!

WELLNESS

Seniors Golf League

Senior Golf League to open season March 17 at Cattails.

2014 UPPER EAST TENNESSEE  
SENIORS GOLF LEAGUE SCHEDULE  
MARCH

- 17 - Cattails at MeadowView, 10 a.m.
- 20 - Clinchview, Bean Station. 10 a.m.
- 24 - Andrew Johnson, Greenville, 10 a.m.
- 27 - Warriors Path, Kingsport, 10 a.m.
- 31 - Bristol CC, 10 a.m.

For more information, go online at seniorsgolfl league.com or contact McHorris by calling (423) 245-9833 or via email at halinkpt@aol.com.

Fit Test

We will be doing a fitness test on **Wednesday, March 19, 2014** from 9:00 am to 10:30 am in Kevin’s office. We will test Body Fat%, Flexibility, Strength, and Weight using the 350 Body Composition Analyzer. Also your blood pressure will be taken. If you plan to participate in this event stop by the office to fill out some paper work and sign up for the test. All members are invited and we hope to see you there.

ASLEEP AT THE CART

Don’t shop on an empty stomach? How about don’t shop sleepy: ***You’re more likely to purchase high-calorie grub if you’re tired,*** a Swedish study reports. Sleep-deprived men bought an average of 1,319 more calories worth of food than well-rested guys did. Why? After a poor night’s sleep, your stomach produces extra ghrelin, an appetite hormone that can make food seem more appealing, says study author Christian Benedict, Ph.D.

TRY THE NEW GUT CHECK

Even a slim guy can harbor lethal lard. Now new research from the U.K. confirms that ***an algorithm developed last year by U.S. researchers can help you spot deadly visceral fat.*** A Body Shape Index, or ABSI, is a better predictor of a person’s risk of early death than other belly-fat measurements, such as waist-to-height ratios. ABSI takes into account how large your waistline should be relative to your height and weight by “dividing the actual waist measurement by the expected one,” says study author David Boniface, M.Sc. Calculate yours: Go to absi-calc.appspot.com.

Humor Quote of the Month

***My computer beat me at checkers, but I sure beat it at kickboxing.***  
***Emo Phillips***

Tennessee Senior Olympics

**State Finals:** June 20-26, 2014. *Deadlines ~*

- Golf Deadline: March 1, 2014
- Early bird deadline March 15, 2014
- Final Deadline April 1, 2014

2014 is a Qualifying Year for the 2015 National Senior Games. Where: Bloomington / Minneapolis / St. Paul, Minnesota When: July 3 - 16, 2014 For more information visit: www.tnseniorolympiconline.com

CRUNCH YOUR NUMBERS

Nibble your way to better health: ***Brazil nuts can help your cholesterol profile,*** say researchers in (where else?) Brazil. After healthy adults ate just four of the nuts in a sitting, their LDL (bad) levels dipped and their HDL (good) levels rose-and the benefit lasted up to 30 days. Brazil nuts are a rich source of selenium, which may block cholesterol oxidation, improving your lipid profile. To reap the benefits, eat four Brazil nuts at least once a month, the study author says.

The Sunshine Substitute

Score one for the sun. ***Exposing button mushrooms to sunlight can fortify them with bone-strengthening, immunity-boosting vitamin D.*** Scientists in Australia have discovered that mushrooms, like humans, produce vitamin D in response to sunlight; however, indoor storage and packaging limits that exposure. The solution? Set out a single layer of mushrooms in direct sun for an hour. Just three sun-soaked mushrooms provide an entire day’s RDA of vitamin D, which is especially useful in winter when we tend to be low in the sunlight-supplied vitamin. Just be sure to sauté them in olive oil or drizzle them with the oil to help your body absorb the fat-soluble nutrient.

GO TO THE MAT FOR HEALTH

Fend off the flu by making pretzels: ***Practicing yoga can strengthen your immune system,*** says scientists in Japan. After a 90-minute yoga session, people had nearly double their usual concentration of salivary beta-defensing 2, a peptide that attacks microbes. Study author Nobuhiko Eda, Ph.D., says the relaxation provided by yoga probably lowers production of the hormone cortisol, which then triggers the release of beta-defensing 2. And a separate study from India found that even 35 minutes of yoga a day can curb spikes in cortisol. Try some poses: Go to Men-sHealth.com/yoga.

Friendship Quote of the Month

***Let us be grateful to people who make us happy, they are charming gardeners who make our souls blossom.***  
***Marcel Proust***

Daily Activities and Classes at the Center

Monday

SilverSneakers Classic~ 8:15 ~ Gym  
Tai-chi ~ 8:30 ~ Room 310  
Massage Therapy ~ 9:00-2:00 ~ Multipurpose Room ~ (appointment only)  
Open Woodshop ~ 9:00  
Quilting ~ 9:00 ~ Room 303  
High Impact Aerobics ~ 9:15 ~ Gym  
Camera Club ~ Go to [www.scphotogroup.com](http://www.scphotogroup.com)  
Happy Day Singers ~ 9:45  
Clay Throwing Class ~ 10:00 ~ Clay/Ceramic Studio  
Lap Swimming ~ 10:00-Noon ~ Aquatics Center  
Strength Training ~ 10:15 ~ Gym  
Knitting ~ 1:00 ~ Room 303  
Table Tennis ~ 1:00 ~ Gym  
Volleyball ~ 4:00 ~ Gym

Tuesday

Massage Therapy ~ 9:00-2:00 ~ Multipurpose Room ~ (appointment only)  
Zumba Fitness ~ 8:15 a.m.  
Mini Cardio ~ 8:45 ~ Room 302  
Ceramics ~ 9:00 ~ Ceramics/Clay Room  
Strength Training ~ 9:30 ~ Gym  
Basketweaving ~ 10:00 ~ Room 303  
Renaissance Strings ~ 10:00 ~ Atrium  
Lap Swimming ~ 10:00-Noon ~ Aquatics Center  
Sing Along ~ 10:15 ~ Cafeteria  
Exercise for Everybody ~ 10:30 ~ Gym  
Beginning Dulcimer ~ 11:00 ~ Atrium  
Shuffleboard ~ 1:00 ~ Ceramics Hallway  
Pickleball ~ 1:00 ~ Gym  
Basketball ~ 4:00 ~ Gym  
Ballroom Video Class ~ 4:30pm ~ Room 302

Wednesday

SilverSneakers Classic~ 8:15 ~ Gym  
Tai-chi ~ 8:30 ~ Room 310  
Open Woodshop ~ 9:00  
High Impact Aerobics ~ 9:15 ~ Gym  
Intermediate Clay ~ 10:00 ~ Clay/Ceramic Studio  
Lap Swimming ~ 10:00-Noon ~ Aquatics Center  
Strength Training ~ 10:15 ~ Gym  
Intermediate Clogging ~ 11:15 ~ Room 302  
Hand and Foot Card Game ~ 12:30 ~ Card Room  
Belly Dancing ~ 1:00 ~ Room 302  
Table Tennis ~ 1:00 ~ Gym

Thursday

Zumba Fitness ~ 8:15 a.m.  
Mini Cardio ~ 8:45 ~ Room 302  
Ceramics ~ 9:00 ~ Ceramics/Clay Studio  
Woodcarving ~ 9:00 ~ Room 303  
Strength Training ~ 9:30 ~ Gym  
Beginning Clogging ~ 10:00 ~ Room 302  
Lap Swimming ~ 10:00-Noon ~ Aquatics Center  
Exercise for Everybody ~ 10:30 ~ Gym  
Beginning Belly Dance ~ 11:30 ~ Room 302  
Jam Session ~ 12:30 ~ Cafeteria  
Volleyball ~ 1:00~ Gym  
Pickleball ~ 4:00 ~ Gym

Friday

SilversSneakers Classic~ 8:15 ~ Gym  
Genealogy Group ~ 9:00 ~ Computer Lab  
Open Woodshop ~ 9:00  
High Impact Aerobics ~ 9:15 ~ Gym  
Lap Swimming ~ 10:00-Noon ~ Aquatics Center  
Strength Training ~ 10:15 ~ Gym  
Pickleball ~ 1:00 ~ Gym  
Bridge Group ~ 1:00 ~ Card Room  
Mahjong ~ 1:30 ~ Multipurpose Room

Saturday

Basketball ~ 9:00 ~ Gym  
Table Tennis ~ 10:30 ~ Gym

Cooking with Tracy

Monday, March 10, 2014  
12:30p.m.-1:30p.m.  
Lounge  
Cost: \$2.00 paid to instructor  
  
Limit to 10 participants due to size of lounge.

Sign up now!!

TRAVEL AND SPECIAL EVENTS

**"Smile— Seniors Making Individual Lives Exciting"-** Tuesday, March 18, 2014— Cafeteria— 12:30p.m.-1:30p.m.— Volunteer needs and training— **no sign up required.**

**Bob Ross Style Painting—** Wednesday, March 19, 2014— Room 303— 10:00a.m.-2:00p.m.— Instructor Jay Holdway— See example in display case— Bring your lunch— Cost: \$50.00 paid to instructor— **Sign up now.**

**Decorating with Fondant Icing—** Wednesday, March 19, 2014— Lounge— 10:00a.m.-12noon— Instructor Jeanette Meador— Cost: \$2.00 paid to instructor— **Sign up begins March 3.**

**Basic Beginning Painting—** Friday, March 21, 2014— Room 303— 1:00p.m.-4:00p.m.— Instructor: Ann Thwaites— Focus will be on a collage/mixed media— Supply list available at sign up— Cost: \$20.00 paid to instructor— **Sign up now.**

**Lunch with D.B Culinary Students—** Thursday, March 27, 2014— DB Culinary Classroom— 11:00a.m.-1:00p.m.— Menu: Shrimp, kielbasa, corn on the cob, new potatoes, garlic bread, salad, dessert, and drink— Limit to 33 participants- \$10.00 paid day of trip to culinary instructor— **Sign up begins March 3, please be signed up by Monday, March 24 by noon.**

**"Dyrad: An Appalachian Tale"-** Tuesday, April 29, 2014— Barter Theater— 10:30a.m.-6:00p.m.— Cost: \$20.00 plus lunch on your own— Lunch at Logan’s Roadhouse— Sign up now!

AARP Smart Driver Course

Wednesday, April 23, 2014  
And  
Thursday, April 24, 2014

Room 230  
9:00a.m.-1:00p.m.  
Cost: \$15.00 for members  
\$20.00 for non members

Sign up begins March 21.

Kingsport Senior Artisan Spring Open House

Tuesday April 8, 2014  
5:30-7:30  
257 Walker Street

Join us for delicious treats and shop our handmade art made by local artisans. Do you need gifts for Easter, Mother's Day, and graduations? We've got you covered!

AARP Income Tax Appointments

Need tax assistance? Come by the front office or call 392-8400 and schedule your appointment with AARP Tax Aide. Appointments begin February 6-April 10 on Thursdays. Reserve your one our appointment spot today!  
\*Computer lab will be closed during tax assistance\*

If you have received an automated phone call from a 617 area code, have no fear! The Senior Center is utilizing a new phone messaging system that calls from Massachusetts.

This system will be used to inform members on different situations that may arise at the center such as; closing of center due to weather, a class or trip being cancelled, a date change on a certain event, etc.  
Thank you for your patience as we are trying out our new system.



TRAVEL AND SPECIAL EVENTS

**KALC and KSC Present:**  
**Trip to National Weather Service**  
**Lecture and Roadtrip**

Tuesday, April 1, 2014  
Room 310 for lecture/ NWS in Morristown  
9:45a.m.-5:00p.m.  
Cost: \$8.00 for bus/ \$10.00 for lunch

9:45 lecture, then lunch.  
1:00p.m.– Depart for Morristown

Boxed lunches from Panera will be served.  
Please indicate at sign up if you would like  
a turkey or ham sandwich.

**Sign up begins March 5.**

**OTLB: The Esmerelda**

Friday, April 11, 2014  
Lake Lure  
9:00a.m.-5:30p.m.  
Cost: \$22.50 per person  
Lunch will be at 12noon.

Price Includes: transportation, meal  
gratuity, entertainment by classical  
guitarist, and time to visit downtown  
shops.

Must order from menu at sign up.

Listen to guitarist on  
[www.paul-classicalguitarist.com](http://www.paul-classicalguitarist.com)

**Sign up begins March 4.**

**KALC and KSC Present:**  
**Knoxville Museum of Art and McClung**  
**Museum**

Tuesday, April 8, 2014  
Knoxville, TN  
8:00a.m.-5:30p.m.  
Cost: 8:00 for trip, lunch on your own  
Lunch at Calhoun’s  
**Sign up begins March 6.**

**Knoxville Mall Shopping Trip**

Wednesday, May 1, 2014  
Knoxville, TN  
8:30a.m.-5:30p.m.  
Cost: \$8.00/lunch on your own

**Sign up begins March 7.**

**Wohlfahrt Haus Presents:**  
**“Golden Oldies”**

Thursday, April 17, 2014  
Wytheville, VA  
9:45a.m.-6:00p.m.  
Cost: \$45.00 all inclusive

Sit back as Wohlfahrt Haus takes you on a  
musical journey through America’s rich history  
as only we can. From the flappers of the  
Roaring 20’s and the Greasers of the 50’s all  
the way through the beehives of the 60’s, the  
British invasion and right up to the egotistical  
80’s. The Golden Oldies is a celebration of the  
greatest music of the 20th Century.You’ll  
wonder how we managed to pack it all in.  
Bring the kids too – they might just learn  
something.

**Sign up begins March 4.**

# Your Page

## From the Dancing Corner

**MARCH DANCE AT THE RENAISSANCE CENTER**  
The March dance, sponsored by Friends of the Kingsport Senior Center, will feature **LIMITED EDITION** band on Friday evening, March 14, 2014. Line dancing will begin at 6:30 PM with the band starting at 7:00 PM. Admission is \$5.00 per person.

Limited Edition has performed for audiences of all ages for over 30 years. Bruce Rush sings and plays the keyboard while Bink Rush plays guitar and occasional banjo. They are often joined by other vocalists and musicians.

Using the latest digital audio and synthesizer technology, the band plays a large variety of styles to suit very diverse musical tastes. "Something for Everyone". Although the music is especially selected for dancing, Limited Edition recognizes that a dance is primarily a social event. With that in mind, the PA system and amps are set to create a full sound for dancing, while, at the same time, adjusted to a comfortable volume to allow people to hear and carry on a conversation throughout the venue.

Limited Edition believes the most important part of any dance or social event is **THE AUDIENCE**. It is **YOUR PARTY !!**  
Join your friends at the Renaissance Center in Kingsport on March 14th.



## Massage Therapy

Mondays and Tuesdays  
9:00a.m.-3:00p.m. with Barbara Keescker  
call 423 - 735-7475  
30 minute massage  
Cost: \$15.00  
Call to schedule appointment

**The woodshop will close down every last Friday of each month for cleaning beginning Friday, February 28.**

**Anyone interested in chess? If so, let Michelle know at 392-8404.**

**If you have not done so, go like us on facebook! We reached 700 likes and we had a free dunkin doughnuts day! Who knows what will happen if we reach 1,000! Tell your friends! Our facebook page is a great way to checkout our upcoming events and see what all is happening at the center.**  
**Also, like our Kingsport Artisan Center page!**

## Easter Egg Hunt with New Vision Youth

Friday, April 4, 2014  
Front Lawn  
10:30a.m.-11:30a.m.  
FREE  
Lots of good prizes!

# NEWS TO USE

## Call for Writing Submissions

The Downtown and West Oakland Centers Creative Writing programs announce the upcoming publication of ***Word Movers*** a professionally published anthology containing creative writings of seniors. The anthology is scheduled to be released in June 2014. We want to provide senior writers, whose voices are not normally heard, a chance to express their ideas through their poetry, short stories, and essays. We are currently seeking submissions from creative writing seniors (age 50 and over) in the following categories: poetry, short stories, and essays. There is a \$15.00 fee per entry to assist us in the editing and printing costs. Please be aware that your payment does not guarantee that the material will be selected for publication in *Word Movers*.

- entries must be received at the senior center no later than 5:00p.m. on Wednesday, April 15, 2014.**
- All entries must be submitted both on paper and on a cd. The entry must be word processed by using Microsoft word. **We are not able to process entries in WordPerfect or other software formats.** Please use 12 point type, and double space. Poetry entries may be single spaced. Author’s name should appear on each entry.
- The CD must contain no files other than entries, and must be prepared using Microsoft word software.
- No entries will be accepted without a CD. Sorry, CD’s will not be returned.
- **No handwritten, faxed or emailed submissions will be accepted.**

- 1.Writers may submit up to five pieces. The fee for each individual submission is \$15.00. Checks should be made payable to the Downtown Oakland Senior Center.
2. Submissions must be accompanied by a completed form and all payments.– **You may pick up forms in the front office of the Kingsport Senior Center.**
3. Maximum Length:  
Poetry– 70 lines  
Short Stories– 2,000 words  
Essays– 1,000 words

**Editing:** All articles published will be edited for content, clarity, and space at the full discretion of the publisher/editor.

**Returning originals–** If you wish to have your entries returned to you, you must provide a stamped, self-addressed envelope (one that is large enough to hold your cd) with the correct postage.

**Disclaimer–** Our creative writing programs assume no responsibility for lost, misdirected, stolen entries, or printing errors in the final publication.

Call 392-8404 for more information.

## Hannah’s Corner

### Cream Cheese Sausage Balls

#### Ingredients:

- 1lb hot sausage, uncooked
- 8 oz. cream cheese, softened
- 1 1/4 cup Bisquick
- 4oz. Cheddar Cheese, shredded

#### Directions:

Preheat oven to 400°.

Mix all ingredients until well combined.

Roll into one inch balls.

Bake on parchment paper– lined cookie sheet for 20-25 minutes or until brown.

Sausage balls may be frozen uncooked. If baking frozen, add a few minutes to baking time.

### Volunteer Luncheon “Western Swing Theme”

Thursday, April 10, 2014  
Room 310  
11:30a.m.-1:00p.m.  
Invitation only

Catered by DB Culinary Students

Thank you to all of our wonderful volunteers for all that you do!



**Computer Class Schedule**

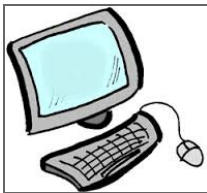
**How to use your iphone**– Tuesday, March 11, 2014– 5:00p.m.-7:00p.m.– Multipurpose Room– \$10.00 paid to instructor– Bring your device. 12 person max. Sign up now.

**ipad basics**– Saturday, March 15, 2014– 9:30a.m.-11:30a.m.– Card Room- \$10.00 paid to instructor- Bring your device. 12 person max. Sign up now.

**Internet Security** - (all day course) - \$25.00- Tuesday, March 18– 9:00-11:00am, return from 1:00-3:30pm

**ipad basics**– Tuesday, March 25, 2014– 5:00p.m.-7:00p.m.– Multipurpose Room- \$10.00 paid to instructor– Bring your device. 12 person max. Sign up now.

**ipad apps**- Saturday, March 29, 2014– 9:30a.m.-11:30a.m.– Card Room- \$10.00 paid to instructor– Bring your device. 12 person max. Sign up now.



**Genealogy Group , 9:00 am Friday’s**

**Computer lab is available when not being used for class.**

**Interested in Needle Tatting?**  
**If so, call the senior center office.**  
**We need 5 to schedule a class.**

**Generations Online Internet Class**

Mondays, Wednesdays and Fridays  
1:00pm - 5:00pm

This is an opportunity to learn how to use the internet. You will learn the basics of the internet, the lingo, how to use a mouse, send an email, and how to use a search engine. This is a free class. Sessions are taught by a tutorial on the computer. “Peer Coach” - Shelia will be there to assist you. Contact Shelia in the computer room to make sure there is a computer available for you. Please call 392-8433.

**Manicures**

Provided by DB Cosmetology students  
Tuesday, March 11, 2014  
Appointments are 11:30 a.m.—1:30 p.m.  
1 Hour appointments  
Cost: \$2.00, paid to manicurist  
Sign up in the senior center office



**KARAOKE**  
**Tuesday, March 18, 2014**

**Volunteers Wanted**

(See Michelle if interested)

- Cooking with Tracy– March 10
- St. Patrick’s Day Party– March 17
- Decorating w/ Fondant– March 19
- Language barrier help/interpreter
- Greeters
- Tour Guides

\*Check out the Volunteer Board by the office too\*

**Thank You Volunteers!**

**Library Book Day**  
Thursday, March 20, 2014

# Spring Session Classes 2014

Classes begin week of April 7, 2014—week of June 16, 2014, unless otherwise noted.

**Aerobics**

- Monday, Wednesday, Friday (ongoing)
- Time: 9:15am - 10:00am
- Location: Gym
- Instructor: Terri Farthing
- Lo-hi Impact Aerobics

**Ballroom Video Class**

- Tuesday
  - Time: 4:30pm - 6:30pm
  - Room 302
- No instructor, practice to own

**Basic Woodworking**

- Tuesday / Thursday
- New class will be April 8 - May 15, 2014**
- 9:00 am— 11:00 am
- Location: Wood shop
- Instructor: Howard Osborne
- Fee: \$50.00 paid to instructor
- Will create 3 — 4 wood projects in 6 weeks
- Materials needed will be determined 1st class meeting
- Sign up in senior center office

**Basket weaving**

- Tuesday
- Time: 10:00am-1:00pm
- Location: Room 303
- Instructor: Lynne Bowers

**Belly Dance for Beginners (Women Only)**

- Thursday
  - Time: 11:30am-12:30pm
  - Location: Room 302
  - Instructor: Angela Price
- Must have 8 for class to begin. Please sign up at office.

**Belly Dancing - (Women Only)**

- Wednesday
- Time: 1:00pm
- Location: Room 302
- Instructor: Angela Price
- Great for your abdominals

**Camera Club**

Please visit website for meeting times  
Instructor: Claude Kelly  
Website: [www.scphotogroup.com](http://www.scphotogroup.com)

**Ceramics**

- Tuesday and Thursday
- Time: 9:00am - 11:30am
- Location: Ceramic/Clay Studio
- Instructor: Mary Lamson
- Please remember your annual \$10 firing fee**

**Clay (Beginning Hand building)**

- Monday Beginning March 31-June 2, 2014
- Time: 10:00am-3:00pm
- Location: Ceramic Room
- Instructor: Aleta Chandler
- Fee: \$30.00, plus \$10.00 firing fee
- Pay at signup; no refunds
- Sign up begins March 3.**
- Max 2 sign up per person
- Class will include un-instructed lab time on Tuesday’s (April 1-May 27, 2014) from 1-3 p.m. This lab time will be used for practice.

**Clay (Intermediate Hand building)**

- Wednesday beginning April 2-June 4,2014
- Time: 10:00am-3:00pm
- Location: Ceramic Room
- Instructor: Aleta Chandler
- Fee: \$30.00, plus \$10.00 firing fee
- Pay at signup; no refunds, sign up begins March 3.**
- Max 2 sign-ups per person
- Pre-requisite must have taken beginning hand building.

**Clogging - (Beginning)**

- Thursday
- Time: 10:00am-11:30am
- Location: Room 302
- Instructor: Angela Price
- Must have 8 new beginners
- Sign up in office

**Clogging - (Intermediate)**

- Wednesday
- Time: 11:15am
- Location: Room 302
- Instructor: Angela Price

**Dulcimer (Beginners)**

- Tuesday
- Time: 11:00am
- Location: Atrium
- Instructor: Sharon McCurry
- Learn to play this beautiful Instrument

**Exercise for Everybody**

- Tuesday & Thursday
- Time: 10:30am
- Location: Gym
- Instructor: Kevin Lytle

# Winter Session Classes 2014

<p><b>Happy Day Singers</b></p> <ul style="list-style-type: none"><li>Monday</li><li>Time: 9:45am</li><li>Inspirational singing at nursing homes</li></ul> <p><b>Jam Session</b></p> <ul style="list-style-type: none"><li>Thursday</li><li>Time: 12:30 noon</li><li>Location: Cafeteria</li></ul> <p><b>Karaoke</b></p> <ul style="list-style-type: none"><li>3rd Tuesday each month</li><li>Time: 4:00pm</li><li>Location: Cafeteria</li><li>Bring a snack</li></ul> <p><b>Knitting Class</b></p> <ul style="list-style-type: none"><li>Monday</li><li>Time: 1:00 - 3:00pm</li><li>Location: Room 303</li><li>Instructor: Barbara White</li><li>All skill levels</li></ul> <p><b>Lap Swimming</b></p> <ul style="list-style-type: none"><li>M-F</li><li>Time: 10:00am-Noon</li><li>Location: Aquatics Center</li><li>No instructor, lap swimming</li><li>Locker room and warm water pool available for use.</li></ul>	<p><b>Mahjong</b></p> <ul style="list-style-type: none"><li>Friday</li><li>Time: 1:30pm</li><li>Location: Multipurpose Room</li><li>Instructor: Jean Chang</li></ul> <p>Beginners to Advanced players</p> <p><b>Mini Cardio Exercise Class</b></p> <ul style="list-style-type: none"><li>Tuesday &amp; Thursday</li><li>Time: 8:45am - 9:15am</li><li>Room: 302</li><li>Instructor: Roger Hixson</li></ul> <p><b>Piano Lessons</b></p> <ul style="list-style-type: none"><li>Friday's</li><li>Time: 9:00am-11:30am</li><li>Room: Multipurpose Room</li><li>Instructor: Freda Karsnak</li><li>Fee: \$15.00 paid to instructor</li><li>Call to schedule appointment 423-292-2711</li></ul> <p><b>Quilting</b></p> <ul style="list-style-type: none"><li>Monday</li><li>Time: 9:00am - 10:30am</li><li>Location: Room 303</li><li>Instructor: John Plutchak</li></ul> <p><b>Renaissance Strings</b></p> <ul style="list-style-type: none"><li>Tuesday</li><li>Time: 10:00am - 11:00am</li><li>Location: Atrium</li><li>Instructors: Lucile Hincke and Jan Fenelon</li></ul>	<p><b>SilverSneakers Classic</b></p> <ul style="list-style-type: none"><li>Monday, Wednesday &amp; Friday</li><li>Time: 8:15am - 9:00am</li><li>Location: Gym</li><li>Low Impact Aerobics</li><li>Instructor: Terri Bowling</li></ul> <p><b>Strength Training</b></p> <ul style="list-style-type: none"><li>Monday, Wednesday &amp; Friday</li><li>Time: 10:15am - 11:00am</li><li>Location: Gym</li><li>Instructor: Terri Farthing</li></ul> <p><b>Strength Training</b></p> <ul style="list-style-type: none"><li>Tuesday, Thursday</li><li>Time 9:30am - 10:30am</li><li>Location: Gym</li><li>Instructor: Kevin Lytle</li></ul> <p><b>Tai-Chi</b></p> <ul style="list-style-type: none"><li>Monday &amp; Wednesday</li><li>Time: 8:30am</li><li>Location: Senior center, Room 310</li><li>Instructor: Hang Lei</li></ul> <p><b>Woodcarving</b></p> <ul style="list-style-type: none"><li>Thursdays</li><li>Time: 9:00am - 12:00 noon</li><li>Location: Room 303</li><li>Beginners welcome</li></ul> <p><b>Woodshop</b></p> <ul style="list-style-type: none"><li>Monday, Wednesday, Friday</li><li>Time: 9:00am-2:00pm</li><li>Location: Woodshop</li><li>Volunteer Instructors</li><li>Complete woodshop. <b>Safety test Required, given 1st Monday of each month at 9 am.</b></li></ul> <p><b>Zumba</b></p> <ul style="list-style-type: none"><li>Tuesday and Thursday</li><li>Time: 8:15am</li><li>Location: Gym</li><li>Instructor: Terri Bowling</li></ul>
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# WINTER 2014 BRANCH SITE SCHEDULE

<p><b><u>Core Conditioning</u></b></p> <ul style="list-style-type: none"><li>• Tuesday and Thursday</li><li>• Time: 10:00am</li><li>• Location: Lynn View Branch Site</li><li>• Instructor: Chris Hicks</li><li>• Great for all ages</li><li>• Gain core strength</li></ul> <p><b><u>Beginning Crochet</u></b></p> <ul style="list-style-type: none"><li>• Tuesday,</li><li>• 6 week class</li><li>• 11:00-12:00</li><li>• Instructor: Susan Egan</li><li>• \$25.00</li><li>• Must be right handed, call for materials list. 765-9047</li></ul> <p><b><u>Intermediate Crochet</u></b></p> <ul style="list-style-type: none"><li>• Tuesday</li><li>• 6 week class</li><li>• Instructor: Susan Eagan</li><li>• 12:00-1:00</li><li>• \$25.00</li><li>• Bring your own pattern</li></ul> <p><b><u>Beginning Drawing</u></b></p> <ul style="list-style-type: none"><li>• Wednesday</li><li>• Time: 10:00am - 12:00 noon</li><li>• Location: Lynn View Branch Site</li><li>• Instructor: Jo Anne McDonough</li><li>• Basic drawing class</li></ul> <p><b><u>Advanced Drawing</u></b></p> <ul style="list-style-type: none"><li>• Wednesday</li><li>• Time: 9:00am –11:00am</li><li>• Location: Lynn View Branch Site</li><li>• Instructor: Jo Anne McDonough</li><li>• Must have taken the beginning class or have permission of the instructor</li></ul> <p><b><u>Line Dance - Beginning</u></b></p> <ul style="list-style-type: none"><li>• Monday</li><li>• Time: 11:30am - 12:30pm</li><li>• Location: Boys/Girls Club</li><li>• Instructor: Lyna Faye McConnell</li></ul> <p><b><u>Line Dance - Intermediate</u></b></p> <ul style="list-style-type: none"><li>• Monday</li><li>• Time: 12:45pm –1:45pm</li><li>• Location: Boys/Girls Club</li><li>• Instructor: Lyna Faye McConnell</li><li>• Faster-paced, less instruction for advanced dancers.</li></ul>	<p><b><u>Advanced Yoga</u></b></p> <ul style="list-style-type: none"><li>• Tuesday and Thursday</li><li>• Time: 11:00am - 11:30am</li><li>• Location: First Broad Street UMC Rec. Room</li><li>• Instructor: Tish Kashdan</li></ul> <p><b><u>Private Personal Training with Chris</u></b></p> <ul style="list-style-type: none"><li>• Call for appointment ~ 723-9967</li><li>• Call for prices</li><li>• Instructor: Chris Hicks</li></ul> <p><b><u>Artist and Crafters Monthly Breakfast</u></b></p> <ul style="list-style-type: none"><li>• 2nd Tuesday</li><li>• 9:30am</li><li>• Lynn View Branch Site</li><li>• Please call for reservation 765-9047</li></ul> <p><b><u>Strength Training</u></b></p> <ul style="list-style-type: none"><li>• Tuesday and Thursday</li><li>• Time: 9:00am</li><li>• Location: Lynn View Branch Site</li><li>• Instructor: Chris Hicks</li></ul> <p><b><u>Yoga</u></b></p> <ul style="list-style-type: none"><li>• Tuesday and Thursday</li><li>• Time: 11:30am - 12:30pm</li><li>• Location: First Broad Street UMC</li><li>• Instructor: Tish Kashdan</li></ul> <p><b><u>Zumba Fitness</u></b></p> <ul style="list-style-type: none"><li>• Tuesday 10:45am</li><li>• Location: Lynn View Branch Site</li><li>• Instructor: BJ Goliday</li><li>• Minimum of 8 students required</li></ul> <p><b><u>SilverSneakers Muscular Strength and Range of Movement</u></b></p> <ul style="list-style-type: none"><li>• Monday and Wednesday</li><li>• Time: 10:00am</li><li>• Location: Lynn View Branch Site</li><li>• Instructor: Chris Hicks</li></ul> <p><b><u>Piloxing</u></b></p> <ul style="list-style-type: none"><li>• Tuesday</li><li>• Time: 9:30am</li><li>• Location: Colonial Heights Baptist Church</li><li>• Instructor: Terri Bowling</li><li>• This class is a combination Pilates and kick boxing and is an intense workout.</li></ul> <p><b><u>* New Silver Sneakers Yoga beginning Soon at Lynn View Branch site. Watch for details!!!</u></b></p>	<p><b><u>Total Body Workout</u></b></p> <ul style="list-style-type: none"><li>• Monday and Wednesday</li><li>• Time: 9:30am</li><li>• Location: VO Dobbins Community Center Gym #2</li><li>• Instructor, Terri Bowling</li></ul> <p><b><u>Game Day</u></b></p> <ul style="list-style-type: none"><li>• 3rd Tuesday of Month</li><li>• Time: 12:00 noon</li><li>• Lynn View Cafeteria</li><li>• Group Leader: TBA</li><li>• Sequence and variety of board games</li><li>•</li></ul> <p><b><u>Pickleball</u></b></p> <ul style="list-style-type: none"><li>• Monday, Wednesday &amp; Friday</li><li>• Time: 1:00pm - 3:00pm</li><li>• Lynn View Branch Site</li></ul> <p><b><u>Silver Sneakers Yoga ***NEW</u></b></p> <ul style="list-style-type: none"><li>• 6 week class</li><li>• Wednesday</li><li>• Time: 11:00am</li><li>• Location: Colonial Heights Baptist Church</li><li>• Instructor: Darlene Taylor</li></ul> <p><b><u>Indoor Walking</u></b></p> <ul style="list-style-type: none"><li>• Monday - Friday</li><li>• Time: 9:00am - 12:00 noon</li><li>• Location: Colonial Heights Baptist Church walking track</li><li>• There will be a roster in the gym office at the church. Please sign the roster as with any other class.</li></ul>
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**Artists Wanted**

The Kingsport Senior Artisan Center is looking for a few new original artists to display and sell their work in our Artisan Center. Unique, original, hand made items will be considered. Please call for information. Cindy at 423 392-8402 or Hannah at 423-765-9047. Visit our website [www.kingsportseniorartisancenter.com](http://www.kingsportseniorartisancenter.com) And like us on Facebook

<div data-bbox="108 475 677 615">  <p><b>Kingsport</b> <b>Adult Education</b></p> </div> <p>Kingsport Adult Education classes are administered by The Kingsport Senior Center. For more information or to sign up for a class, please Call 423-392-8400. All classes are subject to cancellation if enrollment does not meet minimum numbers. Minimum number varies by class. Fees will be returned on 1st night of class if cancelled.</p> <p><b>JOB SKILLS</b></p> <div data-bbox="124 1174 514 1442">  </div> <p><b><u>21ST CENTURY JOB SEEKING *NEW</u></b></p> <ul style="list-style-type: none"> <li>• 8 weeks</li> <li>• Fee \$100</li> <li>• Instructor: TBA</li> <li>• Wednesday 6:00pm - 8:00pm</li> <li>• Location: Computer Lab, Senior Center</li> <li>• Will cover, computer basics, job search skills, resumes, cover letters, common requirements and the interview</li> </ul> <p><b><u>2008 National Electric Code (Commercial)</u></b></p> <ul style="list-style-type: none"> <li>• 8 Weeks</li> <li>• Fee: \$70</li> <li>• Monday 6:00pm - 8:00pm</li> <li>• Instructor: Chris Ferrell, Electrical Inspector</li> <li>• Location: Renaissance Center Cafeteria</li> </ul> <p><b><u>2008 National Electric Code (Residential) Begins 1/13/14</u></b></p> <ul style="list-style-type: none"> <li>• 8 Weeks</li> <li>• Fee \$70</li> <li>• Monday 6:00pm-8:00pm</li> <li>• Instructor: Chris Ferrell, Electrical Inspector</li> <li>• Location: Renaissance Center Cafeteria</li> </ul>	<p><b><u>Beginning Heating Ventilation and Air Conditioning Certification Preparation</u></b></p> <ul style="list-style-type: none"> <li>• Part I</li> <li>• 10 Weeks</li> <li>• Fee: \$165</li> <li>• Tuesday 6:00pm - 9:00pm</li> <li>• Instructor: Jim Dotson</li> <li>• Location: Multipurpose Room, Renaissance Center</li> </ul> <p>There will be one more 10 week session following this class. Upon completion of all three sessions you will be prepared to take your certification test. Must have a minimum of 5 students. Must pre-register.</p> <p><b><u>CULTURAL/ARTS/CRAFTS</u></b></p> <p><b><u>Card Making Workshop</u></b></p> <ul style="list-style-type: none"> <li>• Instructor: TBA</li> <li>• Fee: \$10/includes materials</li> <li>• Location: Lynn View Community Center</li> </ul> <p>You will make five cards and take materials home to make five additional cards.</p> <p><b><u>Beginning Chinese Class</u></b></p> <p>Wednesdays 11 classes (Begins Jan 15) 4:00 P.M. Instructor: Jean Chang Fee:\$55 per child or \$75 for child with a parent Location: Kingsport Renaissance Center</p> <p>Thursdays 11 classes (Begins Jan 16) 4:30 p.m. Instructor: Jean Chang Fee:\$55 per child or \$75 for child with a parent Location: Kingsport Renaissance Center</p> <p><b><u>Intermediate Chinese Class</u></b></p> <p>Wednesdays 11 classes (Begins Jan 15) 5:15 P.M. Instructor: Jean Chang Fee: \$55 per child or \$75 for child with a parent Location: Kingsport Renaissance Center</p> <p><b><u>HEALTH/EXERCISE</u></b></p> <p><b><u>Personal Training with Chris</u></b></p> <ul style="list-style-type: none"> <li>• Instructor: Chris Hicks</li> <li>• Available by the hour or as package</li> <li>• Contact Chris (423-741-5643)</li> </ul>	<p><b><u>Zumba Fitness</u></b></p> <ul style="list-style-type: none"> <li>• 6 weeks (Begins Jan 16)</li> <li>• \$25 fee per session</li> <li>• Thursday, 5:15pm</li> <li>• Instructor: Becky Mills</li> <li>• Location: Lynn View Community Center, Cafeteria</li> </ul> <div data-bbox="1352 749 1729 1087">   </div> <p><b><u>Piloxing</u></b></p> <ul style="list-style-type: none"> <li>• Tuesday, 6:00pm (Begins Jan 14)</li> <li>• Instructor: Becky Mills</li> <li>• Limited to 15 participants</li> <li>• Location: Kingsport Renaissance Center</li> <li>• \$30.00 payable first night of class</li> </ul> <p><b><u>DANCE CLASSES</u></b></p> <p><b><u>Beginning Line Dance</u></b></p> <ul style="list-style-type: none"> <li>• 8 weeks class (Begins Jan 23)</li> <li>• Fee: \$25</li> <li>• Instructor: Lyna Faye McConnell</li> <li>• Thursday, 6:30pm - 8:00pm</li> <li>• Location: Lynn View Community Center</li> </ul> <p><b><u>Couples Dance</u></b></p> <ul style="list-style-type: none"> <li>• 8 weeks class (Begins Jan 22)</li> <li>• Fee: \$25 or free if you take Line Dance class</li> <li>• Instructor: Lyna Faye McConnell</li> <li>• Wednesday, 6:30pm - 8:00pm</li> <li>• Location: Lynn View Community Center</li> </ul> <p><b><u>Salsa Dance</u></b></p> <ul style="list-style-type: none"> <li>• 4 weeks class (Begins February 4)</li> <li>• Tuesday and Thursday</li> <li>• Time: 1:30pm</li> <li>• Room 302, Renaissance Center</li> <li>• Instructor: BJ Goliday</li> </ul> <p>* Call for starting dates where not listed.</p>
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Eighth Annual...  
Savvy **SCRABBLE®** Social  
Game Night Fundraiser  
Sponsored by:



Friday, March 21, 2014  
South View Community Center

401 Rock Springs Road, Kingsport, TN 37663

Check in/Social – 6:00 P.M. Play begins at 6:30 P.M.

**There will be up to three rounds of play followed by a championship round.  
Player Prizes will be awarded.**

While supporting the Literacy Council, also enjoy hors d'oeuvres, door prizes and bidding on an array of silent auction items.

Table sponsorships - \$200

Table sponsorships with a 4 person team and 2 Gaze & Graze - \$300

Individual Registered Play - \$25

Gaze and Graze - \$15

All proceeds benefit the Literacy Council of Kingsport.

**(423) 392-4643 or ltrcy@yahoo.com**

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Registration Form

***\*Players need to bring their own SCRABBLE® game boards\****

Table sponsorship (table mat with sponsor name) \$200 \_\_\_\_\_

Table sponsorship/4 person team/2 Gaze & Graze \$300\_\_\_\_\_

\*table mat with sponsor name + 4 players and 2 Gaze & Graze participants

\*e-mail sponsor logo to ltrcy@yahoo.com

Individual Registered Play \$25\_\_\_\_\_

Team Request\_\_\_\_\_

Individual non-play Gaze and Graze \$15 \_\_\_\_\_

\_\_\_\_\_ I regret that I cannot attend but have enclosed a \$\_\_\_\_\_ tax deductible donation to the Literacy Council.

Name\_\_\_\_\_

Address\_\_\_\_\_

City\_\_\_\_\_ State\_\_\_\_\_ Zip\_\_\_\_\_

Phone\_\_\_\_\_ Email (optional) \_\_\_\_\_

**Please mail registration form and check by March 14, 2014 to:**

Literacy Council of Kingsport, 326 Commerce St. Kingsport, TN 37660

(423) 392-4643 - ltrcy@yahoo.com

***Are you struggling to make ends meet on a fixed income?***

Attend a **FREE** financial education workshop!

**Savvy Saving Seniors®**  
*Becoming Resource-FULL with the  
Help of Benefits and Peace of Mind Savings*

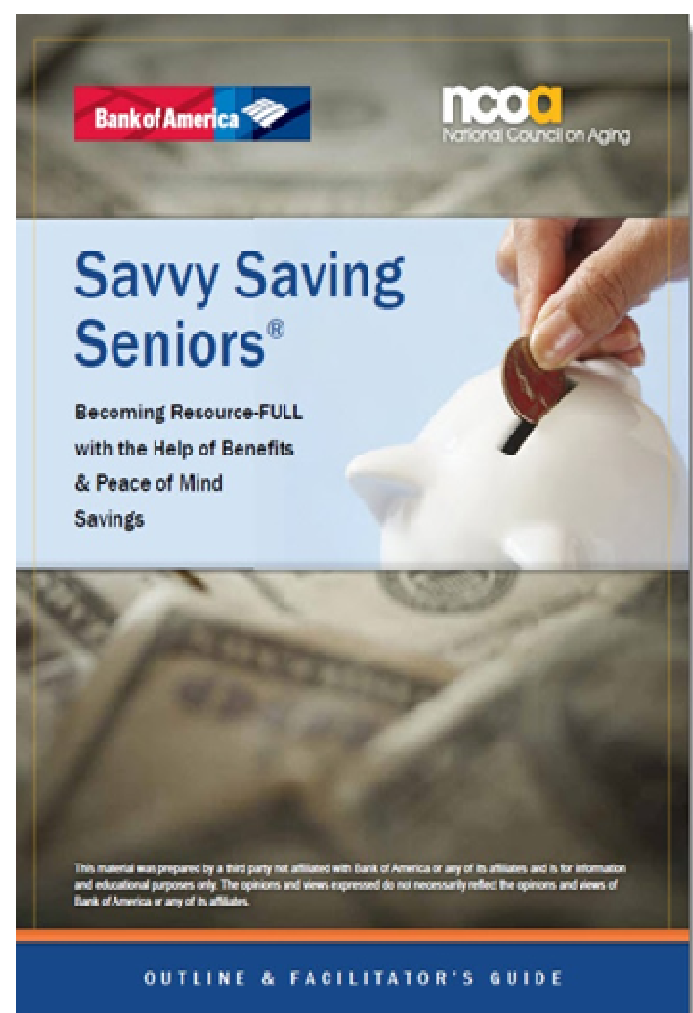
Sponsored by the National Council on Aging  
and Bank of America Charitable Foundation

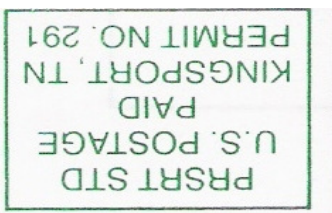
**March 27, 2014 at 1:00p.m.**  
Kingsport Senior Center- Card Room  
1200 E. Center Street  
Kingsport, TN

**RSVP by March 20, 2014 to (423) 392-8400**

**Discover:**

- How to budget your money to stretch your income
- Easy ways to save
- How to set financial goals
- Whether you might qualify for benefits to help you pay your bills





**Kingsport Senior Center  
1200 E. Center Street  
Kingsport, TN. 37660  
Phone: 423-392-8400**

# Easter Lunch

Tuesday, April 15, 2014

Gymnasium

11:30a.m.-1:00p.m.

Cost: Bring a covered dish

Ham sponsored by:  
Friends of the Senior Center  
Music By: Harry and JanRose Hall

